



GNC

DYMATIZE®

Flex YOUR Student Body

THE GNC/DYMATIZE ULTIMATE TEEN CHALLENGE AT THE ARNOLD SPORTS FESTIVAL
PITS TEENS IN FUN AND CHALLENGING STRENGTH EVENTS. DON'T MISS IT!

With obesity and diabetes rates on the rise among adolescents, it's easy to forget that many teenagers are intensely dedicated to staying in shape and excelling at sports. And those fit high-school students may be wondering, *Where's the love? Why don't people talk about the kids who are training and eating right?*

Well, here's the love, young guns: The GNC/Dymatize Ultimate Teen Challenge is back and better than ever!

Held annually at the Arnold Sports Festival, the UTC is an exciting competition for high-school-aged boys and girls who are rewarded for strength, endurance and agility. Organized and hosted by big-time body-builder and all-world trainer Dave Hawk—yes, of *Muscle & Body* fame; that guy—the UTC features an assortment of imaginative physical challenges for both individuals and teams who compete for awards and prizes.

ALAN KING

This year, the GNC Ultimate Teen Challenge will be held on March 2 and 3 at the ASF in Columbus, Ohio. Organizers will feature the traditional Teen Challenge events like the tire flip and bench press, but expect a lot of new CrossFit-style challenges and football-skills competitions to spice up the action. Also, expect special sports celebrities to show up and cheer on contestants and offer their knowledge. Previous events have seen wrestling superstar Kurt Angle and NFL legend Franco Harris sharing stories and successful strategies with the students.

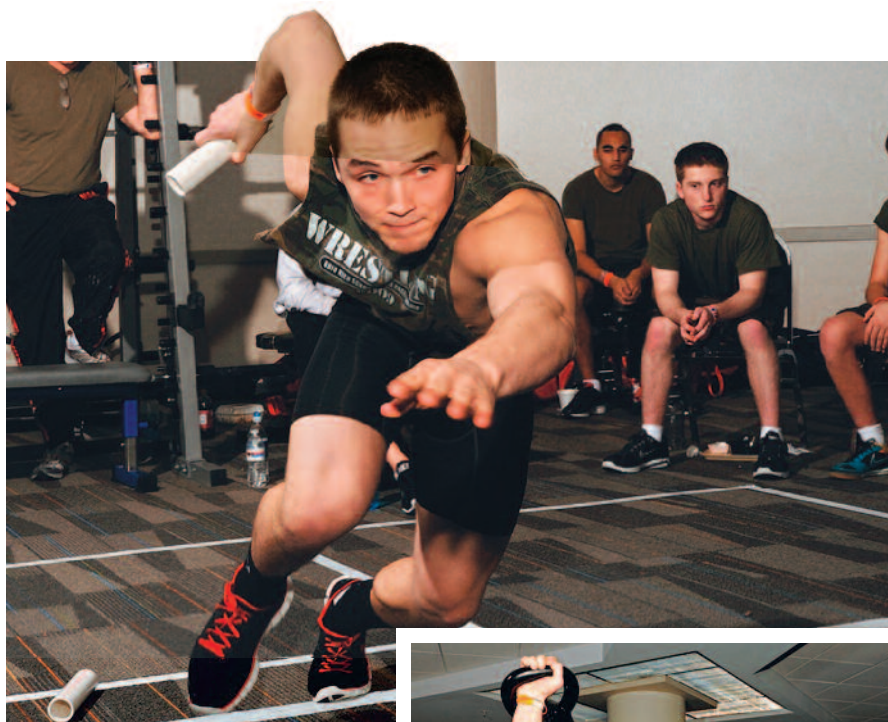
UTC champs are eligible for prizes, including scholarships and other awards. Even if you don't compete, you'll have fun, so get in touch with organizers and find out how you can get involved in the GNC/Dymatize Ultimate Teen Challenge.

BATTLE ROYALE

The 2013 GNC/Dymatize Ultimate Teen Challenge will consist of various skills and CrossFit-style events based on each individual's body weight and age. Some events from previous years include:

- ▷ **Bench press**
- ▷ **Shuttle run**
- ▷ **Pullups**
- ▷ **Vertical jump**
- ▷ **Weighted football toss**

On Sunday, teams will take over the Ultimate Teen Challenge as individuals partner with a friend or teammate for a



The UTC attracts boys and girls from around the nation.

combined score. Any two teens can sign up for this two-person competition. Events include:**

•**The GNC Power Plus 2 Dual**

Bench Press Two teens will work together to bench 70% of their combined body weight. The Power Plus 2 is specially designed with the bar perfectly balanced between the two lifters. This has been a favorite event over the past two years!

•**The Tire-Flip Relay.** Teens will take turns flipping a 120-lb truck tire down a course. Fastest time wins.

***Events are subject to change.*

WHO'S ELIGIBLE?

Any male or female between the ages of 13 and 19 can enter. The event will feature a boys and girls division, each of which will receive awards. All participants must have proof of age with a birth certificate, drivers license/permit, or photo ID the day of the event—no exceptions.

HOW TO ENTER

To compete in the Teen Challenge, all teens must fill out an entry and waiver form signed by a parent or guardian. The entry fee is only \$25 per teen, and it covers both days of competition. Go to hawksteenchallenge.com to download the forms. If mailing or faxing the application, please have all documents postmarked or sent by Friday, February 15. If you are unable to send your documents by this time you can still enter by sending an email to kelly@hawksteenchallenge.com to reserve your teen's participation. You will be instructed to bring documents, registration and payment directly to the event.

FUTURE GLORY IS YOURS!

The results of the 2013 GNC/Dymatize Ultimate Teen Challenge will also be featured in one of the world's largest sports and fitness publications, *Muscle & Body* magazine.

YOU WON'T WALK AWAY EMPTY-HANDED

Each teen who enters receives a 2013 Ultimate Teen Challenge T-shirt and a gift bag from our participating sponsors.





QUESTIONS?

Any pressing concerns can be satisfied by calling Dave Hawk at (412) 736-2645; or emailing questions to kelly@hawksteenchallenge.com. For more information, visit hawksteenchallenge.com, or call (724) 934-5700. You can also fax (724) 934-5707, or email info@hawksteenchallenge.com. **M&B**

Bench press, tire flip, relay race—you never know what challenge awaits you at the UTC.

